



Lemon Poppyseed Scones

READY IN



42 min.

SERVINGS



12

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1 tablespoon butter melted
- 0.7 cup buttermilk
- 1.3 cups flour all-purpose
- 1 tablespoon lemon zest grated
- 2 cups oat flour
- 2 tablespoons poppy seeds
- 0.8 teaspoon salt
- 0.5 cup shortening

- 0.5 cup sugar white
- 1.3 cups pastry flour whole wheat

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a large bowl, stir together the oat flour, whole wheat flour, all-purpose flour, baking powder, salt and sugar.
- Cut in shortening and 1/2 cup of butter until the lumps are smaller than peas. Stir in the lemon zest and poppy seeds. Make a well in the center and pour in the buttermilk. Stir just until the dry ingredients are moistened.
- Divide the dough into 2 pieces. Pat each one into a 1 inch thick circle.
- Cut circles into 6 wedges like a pie.
- Place pieces onto a baking sheet, and brush the tops with melted butter.
- Bake for 12 to 15 minutes in the preheated oven, until lightly browned. Cool on a wire rack so they do not get too crumbly.

Nutrition Facts



PROTEIN 8.58% **FAT 37.32%** **CARBS 54.1%**

Properties

Glycemic Index:26.92, Glycemic Load:13.55, Inflammation Score:-4, Nutrition Score:11.673478248327%

Nutrients (% of daily need)

Calories: 303.74kcal (15.19%), Fat: 12.84g (19.76%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 38.56g (14.02%), Sugar: 9.28g (10.31%), Cholesterol: 3.97mg (1.33%), Sodium: 313.33mg

(13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.29%), Manganese: 1.5mg (75.15%), Selenium: 19.7µg (28.15%), Vitamin B1: 0.32mg (21.63%), Phosphorus: 203.02mg (20.3%), Magnesium: 55.79mg (13.95%), Calcium: 133.66mg (13.37%), Fiber: 3.34g (13.35%), Iron: 2.17mg (12.04%), Folate: 37.72µg (9.43%), Copper: 0.19mg (9.32%), Vitamin B3: 1.71mg (8.56%), Zinc: 1.23mg (8.19%), Vitamin B2: 0.14mg (8.04%), Vitamin E: 0.82mg (5.5%), Vitamin K: 5.58µg (5.32%), Potassium: 163.84mg (4.68%), Vitamin B6: 0.09mg (4.55%), Vitamin B5: 0.29mg (2.89%), Vitamin D: 0.17µg (1.16%), Vitamin B12: 0.06µg (1.06%), Vitamin A: 52.53IU (1.05%)